makes *good* food taste *better*

BUDGETED RECIPES *by*
Virginia Carter Lee, B. S.

VEGETABLE CHOWDER

To serve six, cost 40c

Caramelize one and a half tablespoonsful of sugar and add gradually half a cupful of water, stirring to a syrup. Place in a soup kettle four tablespoonsful of hot bacon dripping and add half a cup each of chopped onion and diced carrot, two cupsful of chopped cabbage and three-quarters of a cupful of diced turnip. Stir until the dripping is absorbed, and add one and three-quarter quarts of cold water, one pint of tomato juice, the caramel syrup, two and a half teaspoonsful of salt, one peeled chopped tart apple, one-quarter of a teaspoonful of paprika and three-quarters of a teaspoonful of Bell's Seasoning. Cover the kettle closely, simmer for one hour and serve with each portion dusted with grated cheese. Whole wheat tiny dumplings may also be added.

SALT MACKEREL, BAKED IN CREAM

To serve four, cost 45c

Soak a salt mackerel in cold water for twelve hours and, if convenient, let cold water from the faucet drip slowly on the skin side of the fish the whole time. Drain, cover with boiling water and let simmer for ten minutes; then drain and dry with paper toweling. Put the fish in a shallow *au gratin* dish and nearly cover with thin cream or top of the bottle. Add two tablespoonsful of butter, cut in bits, a saltspoonful of paprika and half a teaspoonful of Bell's Seasoning. Cook in a very moderate oven until the cream is reduced to a thick sauce and cover the top with buttered crumbs, to which a quarter of a teaspoonful of Bell's Seasoning has been added. Brown over in a hot oven and serve in the baking dish, garnished with cress and potato balls.

CHICKEN AND VEAL CROQUETTES

To serve five, cost 70c

These, when rightly made, cannot be told from croquettes made of all chicken, and, of course, the cost is far less, owing to the cheaper cut of veal used.

Use one cupful of cooked veal, finely chopped, and half a cupful of cooked chicken. Make a sauce from one-third of a cupful of chicken broth (made from hot water and a chicken bouillon cube). Stir constantly until the mixture boils, and season with half a teaspoonful each of Bell's Seasoning, salt and paprika. Add the chicken and veal and when heated, stir in one lightly beaten egg. Cook for a moment to set the egg and turn out on a large platter. Chill, and with floured hands form into small croquettes. Egg and bread crumb and fry in deep, hot fat to a rich brown. Drain on brown paper and serve with creamed peas or asparagus tips.

ESCALLOPED CLAMS AND CORN

To serve five, cost 80c

This recipe comes from New England, and it is never so good as when made with Bell's Seasoning. Use one quart of opened clams and one pint of either raw corn pulp or drained canned corn. Cut the clams in halves and run the hard portions through the meat grinder, then mix with the soft portions. Arrange alternate layers of the shellfish and vegetables in a buttered baking dish, dotting the clams with bits of butter and dusting the corn with paprika and Bell's Seasoning (use a quarter of a teaspoonful of the paprika and three-quarters of a teaspoonful of Bell's Seasoning). Cover the top with buttered crumbs, pour over six tablespoonsful of thick cream and cook in a moderate oven for fifteen minutes.

VEGETABLE COUNTRY PIE

To serve five, cost 70c

This is a sort of glorified baked succotash and this recipe comes from the Far South, with additions by the writer. Cook a cupful of shelled, small lima beans in the smallest possible amount of water and add a cupful each of cooked tiny string beans and green corn pulp. Try out two slices of chopped salt pork and when crisp and brown, place a thin layer (using half) in the bottom of a buttered baking dish. Cover with a layer of very thinly sliced raw potatoes and on these a layer of the combined vegetables. Sprinkle with half a teaspoonful of salt, the same of paprika, one teaspoonful of Bell's Seasoning and dot with bits of butter. Continue with alternate layers of potatoes and vegetables and when the dish is filled, arrange the rest of the pork over the top. Pour in, slowly, one cupful of thick cream, cover the dish and bake in a moderate oven for half an hour, then uncover and cook for ten minutes longer. Serve with brown bread, a green salad and fruit.

CASSEROLE OF LAMB

To serve six, cost 82c

Fry one minced onion in a rounding tablespoonful of bacon fat. Take out the onion and in the fat brown over quickly two pounds of stewing lamb, cut in suitable pieces for serving (be sure the bones are cracked). Transfer the meat and onion to a casserole and add eight tiny onions, one diced white turnip and two carrots, finely sliced. Season with one and a quarter teaspoonsful of Bell's Seasoning, one teaspoonful of salt and a quarter of a teaspoonful of paprika. Make a brown gravy from the fat in which the meat was cooked, blended with two tablespoonsful of browned flour and three cups of strained stock, pour over the meat and vegetables, cover closely and cook for three hours in a moderate oven. Just previous to serving, stir in a cupful of drained canned peas and serve with a border of browned potato balls placed around the rim of the casserole.

SELECTED RECIPES FROM FAR AND NEAR

STUFFING FOR TURKEY OR CHICKEN

Toast seven or eight slices of white bread. Place in a deep dish, adding butter the size of an egg. Cover with hot water or milk, to melt butter and make bread right consistency. Add one even teaspoon of Bell's Seasoning and one even teaspoon salt. When well mixed stir in one or two raw eggs.

SAVORY OMELET

A. ½ cup chopped mushrooms
½ tablespoon butter
⅛ teaspoon Bell's Poultry Seasoning

B. 3 eggs
3 tablespoons cold water
1 tablespoon butter
salt and pepper

Cook A 3 minutes. Make light omelet of B. Just before folding over, put A on half of omelet. Fold. Serve on hot platter.

Miss Jennie Whitney,
Rockledge, Fla.

MEAT LOAF

2 lbs. of raw ground beef
1 egg yolk
2 slices of bread, broken in pieces
3 cups of milk
½ of a green pepper, cut fine
2 teaspoons salt
pepper
1 heaping teaspoon Bell's Poultry Seasoning

Mix well, put in buttered tin and bake slowly, then with hotter oven for last quarter hour—in all about two hours.
Serve on platter garnished with parsley, or tomato sauce may be served if desired.

Mrs. L. W. Hitchcock,
Cambridge, N. Y.

CASSEROLE OF RICE AND MEAT

1 cup raw rice
2 cups cooked, chopped meat
2 teaspoons Bell's Seasoning
½ teaspoon onion juice
1 teaspoon lemon juice
¼ cup cracker crumbs
1 egg, slightly beaten
salt to taste

water or stock to moisten

Use any cold meat, chicken is especially delicious. Line a greased mould with cooked rice. Fill the center with the finely chopped meat, well seasoned with Bell's Seasoning and mixed with the above ingredients. Cover the meat with rice and the rice with buttered paper, to keep out moisture. Steam for 45 minutes. Turn out on a hot platter, garnish with parsley and serve with tomato sauce, highly seasoned.

Miss Lottie E. Jellum,
Spokane, Wash.

STUFFING FOR FISH

Mix thoroughly the crumbs from one-fourth loaf stale bread, one tablespoon of parsley, chopped fine, two tablespoons of onion, chopped fine, one-half teaspoon of Bell's Seasoning, one-half teaspoon salt, and one-fourth teaspoon of pepper; add one-fourth cup of melted butter. If the stuffing appears too dry, add a very little hot water.

Miss Elizabeth O. Hillier,
Park Ridge, Ill.

PRUNE STUFFING FOR DUCK

1 lb. of prunes
1 loaf entire wheat bread
½ lb. walnut meats
1 teaspoon Bell's Seasoning
butter
salt

Soak prunes, remove stones and cut in small pieces. Mix with broken bread, walnut meats, salt and seasoning and moisten with prune juice.

Miss Katharine Fall,
Bridgeport, Conn.

POTATO STUFFING

(For Goose or Domestic Ducks)

To one and one-half cups of soft stale bread crumbs, add two and one-half cups of hot mashed potato, one-fourth cup of fat salt pork passed through the meat chopper, one onion, chopped fine, one-third cup of butter or substitute, one egg, slightly beaten, one-half teaspoon of Bell's Seasoning sifted with one-half teaspoon of salt and one-eighth teaspoon of pepper then sifted again into the mixture. Use as filling for goose or domestic ducks. If goose is large, multiply the recipe as needed.

Miss Elizabeth O. Hillier,
Park Ridge, Ill.

JACK RABBIT SAUSAGE MEAT

The destructive jack rabbit has become a very much appreciated article of food and among the rabbit dishes served the following is one of the most popular:
Skin one rabbit and soak twelve hours in one quart of water to which one tablespoon of salt has been added. Remove meat from bones and chop fine with one small onion and one-quarter of a cup of bread crumbs. Season with Bell's Seasoning and three tablespoons of sausage or bacon fat or butter substitute. Mix thoroughly and make into pats. Cook slowly in a covered frying pan until nearly done, then remove cover and brown. Use rabbit bones for soup stock.

from "Comfort"
Augusta, Me.

MOCK CHICKEN EN CASSEROLE

1 lb. blade pork
2 onions
½ lb. mushrooms
1 teaspoon salt
½ teaspoon Bell's Poultry Seasoning
1 tablespoon flour
1 cup rich milk
pepper

Cut pork into slices ¾" thick, dredge in flour and saute in butter. Place in casserole with onion, sliced thin. Peel mushrooms and saute in same pan as was used for pork, drain and place in dish with pork. Blend flour with fat in pan, add milk gradually and stir until smooth. Pour over meat, cover dish and cook 1½ hours.

Mrs. Ethel D. Farnham,
Providence, R. I.

BROWNED PORK CHOPS WITH FRIED APPLES

Take six medium-sized pork chops and place in hot pan. Saute till well browned. Season with a dash of pepper, salt and a very liberal dash of Bell's Seasoning. When browned, arrange on platter in groups of three and fill the space in center with fried apples.

Miss Pearl Harbeck,
Clear Lake, South Dakota.

HAM LOAF

1½ lbs. fresh lean pork
1 lb. smoked raw ham
½ lb. beef
1 cup cracker crumbs
2 eggs
⅛ teaspoon black pepper
¼ teaspoon Bell's Poultry Seasoning

Grind meat, add cracker crumbs, seasoning, well beaten eggs and lastly the milk. Bake 1½ hours in a moderate oven. Place on a platter and garnish with parsley or put on in a bed of spinach.

Mrs. William J. Keough,
McCracken, Kansas.

STUFFED PEPPERS

Select large sweet green peppers. Wash and cut into halves and remove seeds and core. Prepare flaked bread crumbs from a soft stale loaf. Season with salt, pepper and Bell's Seasoning. Fill the halves of the peppers and dot over with butter, or over each half lay a piece of bacon. Set in a buttered pan and bake until the peppers are done and the crumbs are brown. Serve at once. Variations of this may be made by using a bit of ground ham or other meat with the bread crumbs. The Bell's Seasoning is splendid for seasoning the meat.

Miss Jane Goessling Hammitt,
Wilmington, Delaware.

IN 1867 William G. Bell felt that there was a need for a standard spiced seasoning which would always produce uniformly good results. The result of long experimenting was the famous Bell's Seasoning.

Today Bell's Seasoning is in universal use. It contains many different herbs and spices gathered from France, Jugo Slavia, India, Java, China and other countries, carefully selected and blended under a proven formula.

To attempt to duplicate Bell's, you would have to buy a score of cans of spice, the contents of which you could never hope to blend with the scientific accuracy of the Bell formula.

The use of Bell's Seasoning in the stuffing of meats of all kinds—flesh, fish or fowl—and in soups, stews and casserole dishes insures success in the fine art of flavoring food properly.

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